

On the Organic Integration of College Students' Mental Health Education and Curriculum Ideology and Politics

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Abstract: With the rapid development of society and the deepening of educational reform, the integration of college students' mental health education and curriculum ideology and politics has become an important topic in higher education. Mental health education focuses on students' psychological quality and healthy development, while curriculum ideology and politics focuses on cultivating students' core values and sense of social responsibility. The organic integration of the two is not only conducive to improving the comprehensive quality of college students, but also the need for the reform and development of higher education. Therefore, this article mainly discusses the organic integration of the two.

Keywords: college students, mental health education, curriculum ideology and politics, organic integration

Introduction

On the picture scroll of youth, the mental health education of college students and the ideological and political education of the curriculum are like two intertwined colored lines, which together draw the all-round development of the youth of the times. They are not isolated existences, but like two sides of the same seed, together giving birth to the future of all-round development of morality, intelligence, physical fitness, art and labor. Mental health education is the nourishment of the soul, and curriculum ideology and politics are the guidance of thought, and the integration of the two is not only the call of educational innovation, but also the historical mission given by the times. As long as education scholars work together to explore this fertile soil and let the two shine in mutual integration, they can jointly cultivate qualified builders and reliable successors of socialism with Chinese characteristics in the new era.

1. The intrinsic relationship between college students' mental health education and curriculum ideology and politics

1.1 The educational goals are the same

On the whole, the mental health education of college students and the ideological and political education of the curriculum are consistent in their educational goals, and they are both committed to cultivating all-round development of socialist builders and successors. However, mental health education is highly professional, and it needs to rely on a series of professional psychological activities and counseling to help students establish a sound personality and enhance their psychological quality, so that they can adapt to the development and changes of society^[1]. It pays more attention to students' mental health, helping students improve their emotional management skills, ability to cope with stress, and form a positive attitude towards life in the learning process. However, the ideological and political curriculum mainly uses the

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study of ideological and political theory courses to cultivate students' socialist core values, national consciousness and sense of social responsibility. Compared with mental health education, ideological and political courses emphasize the cultivation of students' ideological and moral quality, political consciousness and sense of social responsibility, aiming to guide students to establish a more correct world view, outlook on life and values. But both are also concerned with the holistic development of students and are committed to mentioning. The comprehensive quality of high school students makes them become good young people in the new era who have both healthy psychological quality and firm ideals and beliefs, and it is this consistency that provides the foundation for the organic integration of the two.

1.2 There is mutual assistance in the way of work

Mental health education and curriculum ideology and politics can promote each other in terms of working methods and jointly promote the all-round development of students. The former provides students with psychological support such as emotional management and stress coping to help students better face challenges in study and life. On this basis, students can learn how to adjust their mindset and relieve stress. However, the latter provides thought leadership and value support for mental health education. Because the ideological and political curriculum focuses on cultivating students' ideological and moral quality, political consciousness and sense of social responsibility, it also advocates that students pay attention to national affairs and social development in their daily lives, so that they can form correct values and moral concepts.

2. The importance and significance of the organic integration of mental health education and curriculum ideology and politics for college students

The integration of mental health education and curriculum ideology and politics for college students is to cultivate good young people in the new era who have both healthy psychological quality and firm ideals and beliefs. The teaching system and content constructed on the basis of extracting the educational advantages of both sides can improve the comprehensive quality and core competitiveness of students from many aspects, so that they can become all-round socialist builders and successors. Integration can also promote the reform and development of higher education, and realize the comprehensive optimization and improvement of education and teaching. From the implementation of measures such as in-depth excavation of ideological and political elements contained in the texts of psychological textbooks, innovative teaching methods, and improvement of teachers' professional quality, the optimization of the education and teaching process can be realized, and the teaching effect and quality can be further strengthened^[2]. It has to be said that this kind of integration has provided strong support for the development of the country and the progress of society in order to cultivate high-quality talents that meet the requirements of the times. At the same time, it also helps students better adapt to the development and changes of society, so that they have stronger innovation ability and practical ability. When there are more and more outstanding comprehensive talents, there will be more room and hope for the development of the country and the progress of society.

3. Discussion on the implementation countermeasures for the integration of college students' mental health education and curriculum ideology and politics

3.1 Digging deep into the ideological and political elements contained in the texts of psychological textbooks

It is not difficult to find that there are abundant ideological and political education resources in mental health education textbooks, which not only help to improve students' psychological quality, but also deepen their understanding of the core values of socialism. In order to achieve the effective integration of the two, it is necessary to dig deep into the ideological and political elements in these textbooks. For example, there will be a lot of content about patriotism and collectivism in the textbook, and these contents are also closely related to the ideology and politics of the curriculum. In the actual teaching process, it is necessary to reasonably guide students to analyze these mental health education cases, so

that they can understand and practice the core values of socialism from the psychological level, so as to gradually enhance the national awareness and social responsibility of contemporary college students. You can also extract the content of the textbook on interpersonal communication, emotion management, etc. These contents are not only closely related to students' daily life, but also have far-reaching ideological and political education value. Combined with some representative cases, leading students to analyze the principles of honesty and respect in interpersonal communication can subtly help them establish correct moral concepts and values, and form good interpersonal relationships, which is very beneficial to students' development in all aspects^[3].

3.2 Innovating teaching methods for mental health education and ideological and political education

Traditional mental health education and ideological and political teaching methods often focus on knowledge transfer and theoretical indoctrination, and lack interactivity and experience. In the modern educational environment, in order to integrate the teaching content of the two more skillfully, and to stimulate students' interest in learning, it is necessary to keep pace with the times and innovate their teaching methods on the original basis. For example, interactive and experiential teaching methods that can allow students to participate in it can not only create a good and active teaching atmosphere, but also improve students' sense of participation, so that they can get a more direct and real experience in participation. When carrying out case analysis, students can be organized to role-play around the content of the case, and then carry out group discussions, so that students can participate more actively in the learning process of mental health education and ideological and political education, and improve their interest and enthusiasm in learning.

In the context of the Internet, it is necessary to shorten the distance between contemporary college students and student content, and make full use of modern educational technology to innovate teaching methods. With the help of vivid and intuitive multimedia teaching, or online courses that are easier for students to adapt to, the content of mental health education and ideology and politics is presented to students in a more vivid and vivid way. As a result, students will have a more realistic and accurate understanding of the content of mental health and ideological and political courses, which is extremely important for their own future development and personal growth^[4].

3.3 Improving teachers' professional quality and integrated teaching ability

In addition, in order to realize the organic integration of mental health education and curriculum ideology and politics, it is necessary to have a team of teachers with professional quality and integrated teaching ability. With the improvement of education level and people's concept, more and more people also realize the importance of an excellent teacher, then, for the combination of mental health education and curriculum ideology and politics, regular teacher training and learning exchanges should be carried out, and through these activities and professional content training, to strengthen the professional quality of teachers and the ability of integrated teaching. It can be carried out from the theoretical knowledge, teaching methods, and some representative case analysis of the two, so that the relevant teachers can master sufficient professional knowledge and skills^[5]. Of course, teachers should also be actively encouraged to participate in the research and practice of the integration of mental health education and curriculum ideology and politics. For example, in this link, teachers will continue to deepen their understanding and practical experience of the integration of mental health education and curriculum ideology and politics, and their own education and teaching level will also be improved.

4. Concluding remarks

All in all, in this critical stage of education, whether it is mental health education or curriculum ideology and politics, it plays a very important value. In the face of a more complex social environment and more external challenges and pressures, college students who are about to enter the society must improve and reshape themselves in terms of psychological quality and values. In this way, we can face everything with greater strength.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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